

Select Language | ▼

[Home](#) | [Healthy Living](#) | [Conditions & Treatments](#) | [Health Tools](#) | [What's On](#) | [News](#) | [Forums](#) | [Videos](#)

Health News

Health Xchange > News

Font- Font+ Share Print RSS Feed Discussions

News

Categories

Chronology



- 2012 [Aug 2012](#) | [Jul 2012](#) | [Jun 2012](#) | [May 2012](#) | [Apr 2012](#) | [Mar 2012](#) | [Feb 2012](#) | [Jan 2012](#) |
- 2011 [Dec 2011](#) | [Nov 2011](#) | [Oct 2011](#) | [Sep 2011](#) | [Aug 2011](#) | [Jul 2011](#) | [Jun 2011](#) | [May 2011](#) | [Apr 2011](#) | [Mar 2011](#) | [Feb 2011](#) | [Jan 2011](#) |
- 2010 [Dec 2010](#) | [Nov 2010](#) | [Oct 2010](#) | [Sep 2010](#) | [Aug 2010](#) | [Jul 2010](#) | [Jun 2010](#) | [May 2010](#) | [Apr 2010](#) | [Mar 2010](#) | [Feb 2010](#) | [Jan 2010](#) |
- 2009 [Dec 2009](#) | [Nov 2009](#) | [Oct 2009](#) | [Sep 2009](#) | [Aug 2009](#) |

Topic



- [Health Policy and Announcements](#) | [Diseases and Outbreaks](#)
- [Medical Research](#) | [New Treatments and Technology](#)

RSS



- [Singapore](#) [SingHealth](#) | [Health Promotion Board](#) | [Ministry of Health](#) | [Asiaone](#)
- [International](#) [World Health Organization](#) | [Centre for Disease Control and Prevention \(US\)](#)

News Article

Vigil over the V-Spot

Friday, 30 | 04 | 2010 ; Source: The New Paper

By Bryna Sim

S'pore women today more informed about vaginal infections

MORE women are seeking medical advice on vaginal infections, say doctors. But that does not mean they are getting more promiscuous.

While it is true that sexually transmitted infections (STIs) are on the rise, it is also a fact that Singapore women are more educated about their bodies.

Doctors The New Paper spoke to say they have seen an increase in the number of patients diagnosed with vaginal infections over the last five years.

Citing recent figures from the Ministry of Health, Dr Wee Horng Yen said that notifications of STIs other than HIV have been climbing in recent years, from about 11,000 cases in 2006 to 12,300 in 2008. Dr Wee is consultant and director of the Women's Wellness Centre at the [KK Women's and Children's Hospital](#).

Dr Peter Chew, a senior consultant gynaecologist and obstetrician at the Gleneagles Medical Centre, said he has seen more patients seeking treatment for vaginal infections over the last five years because "patients are better educated and more aware of their personal health".

For [Dr Yong Tze Tien](#), a senior consultant for obstetrics and gynaecology at the [Singapore General Hospital](#), such patients have increased by 20 per cent.

These doctors feel that Singapore women today are more well-informed about vaginal infections compared to women in previous generations.

Dr Yong said: "It's an intimate topic with older women, whereas younger women are more open and are comfortable with male doctors giving them advice (on this topic)."

Doctors say that the most common form of vaginal infection faced by women here is Candida vaginitis or Vaginal candidiasis, a yeast infection.

Dr Anupriya Agarwal, associate consultant at the National University Hospital's department of obstetrics and gynaecology, said such infection results in the "production of thick, white discharge, which is often itchy".

Other symptoms include "swelling, irritation or redness around the vaginal area", she added.

Dr Chew said that this form of vaginal infection is more common among women who are pregnant, diabetic, on contraceptive pills or on antibiotics.

"The 'good' bacteria is destroyed by the antibiotics, and the yeast overgrows as a result," he explained. The condition can be treated with anti-fungal tablets or vaginal creams.

Ask the Specialists - Free Doctor Q&A

(Now - 30th September)



Corneal Transplant

Seize this chance to ask any question you might have regarding corneal transplant. Our expert is here to help.



Heart Disease and You

If you have questions related to heart health, take this opportunity to ask our expert today.

News!
High Blood Pressure: The Answers
Exercise to Lose Weight: The Answers

ADVERTISEMENT

Stay in Touch With Health Xchange



Medical Expertise Contributed by:

- Singapore General Hospital**
Tel: (65) 6222 3322
- KK Women's and Children's Hospital**
Tel: (65) 6225 5554
- National Cancer Centre Singapore**
Tel: (65) 6436 8000
- National Heart Centre Singapore**
Tel: (65) 6436 7800
- Singapore National Eye Centre**
Tel: (65) 6227 7255
- National Dental Centre Singapore**
Tel: (65) 6324 8910
- National Neuroscience Institute**
Tel: (65) 6357 7153

New to HealthXchange?
Subscribe to our free e-newsletter to get the latest health tips, events and promotions.

E-mail address

Yesterday, Vagisil, a feminine hygiene brand developed in the US, officially launched a vaginal infection self-screening kit for women.

Available over the counter

Vagisil claims the kit is the first of its kind that is available over the counter.

The kit is easy to use and can show users the results quickly.

But doctors said that women who come to them with symptoms of vaginal infections are usually made to go for laboratory tests which take some time.

They do not issue vaginal infection self-screening kits and caution against relying too much on such kits.

Dr Chew fears that women who use the kit may end up self-medicating and delay proper treatment as a result.

He added that the results may not necessarily point the user to the exact type of vaginal infection she has.

Dr Chew said: "Early cervical cancer sometimes manifests itself via odd vaginal discharge, but users of the kit may simply get a reading pointing to some form of vaginal infection."

Dr Yong also advised against self-medication. "The test results may not be accurate as the symptoms of the various types of vaginal infection generally include itchiness and discharge," he noted.

"It would be hard to say which type the woman has." Dr Chew said he would "evaluate the kit" before allowing his patients to use it.

Ms Cheryl Soh, marketing manager of Corlison which distributes the Vagisil Screening Kit for Vaginal Infections, explained that the kit actually "prevents self-medicating".

This is because its instruction sheet encourages users to seek professional treatment, depending on the test results.

Ms Soh added: "The kit does not claim to diagnose what exactly you are suffering from, although it seeks to provide a clearer indication of possible types of vaginal infections the user might have."

How the kit works

THE Vagisil Screening Kit for Vaginal Infections works based on a pH system. Each kit comes with an instruction sheet, two pH test swabs and a pH guide.

A user inserts the pH swab into her vagina, then withdraws the swab after pressing it against the mid-vaginal wall for five seconds.

The swab changes colour to reveal the user's vaginal pH. The swab's colour is checked against the pH guide.

A normal vaginal pH is between 3.5 and 4.5. A reading of 4.5 might point to a yeast infection if there are also symptoms like itching, burning or a yeasty odour.

The kit (\$19.95) is sold at all Guardian and National Health Group pharmacies.

Healthy Living: [Men's Health](#) | [Women's Health](#) | [Children's Health](#) | [Seniors' Health](#) | [Diet and Nutrition](#) | [Fitness and Exercise](#) | [Health at Work](#) | [Healthy Recipes](#) | [Managing Chronic Illnesses](#) | [Skin and Beauty](#) | [Special Focus](#)

Health Forums: [Ask The Specialists](#) | [Community discussions](#) | [Lifelines \(Support groups\)](#)

Healthxchange: [About Us](#) | [FAQ](#) | [Newsletter](#) | [Site Map](#) | [Contact Us](#)



PROBLEM DOWN UNDER?
The Vagisil Screening Kit for Vaginal Infections contains a pH guide and a pH test swab.
TNP PICTURE: BENJAMIN SEETOR

Copyright © 2012. All rights reserved.
[Terms & Conditions](#) | [Privacy Policy](#)
| [Google Translate Disclaimer](#)